



THE Senior Connection

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News from the Howard County Office on Aging

Department of Citizen Services

Howard County, Maryland

A Message from the Administrator



By Dayna Brown, Office on Aging Administrator

November is National Family Caregivers Month! Each year, this month focuses much needed attention on the challenges millions of family caregivers face every day.

Caregiving can be a daunting and stressful job. Being aware of available services and resources is key to providing the best care possible for a loved one. The Howard County Office on Aging (OOA)'s **Family Caregiver Support Program** offers help and guidance through educational opportunities, referrals and individual caregiver support.

The OOA's "Prepare to Care" series offers adult children the opportunity to learn about services and programs to assist aging family members. Participants learn how to assess needs, design a long-term care plan, and explore housing options. The next session will be held Tuesday, November 20, from 6:30 to 8 p.m. at the Hickory Ridge Community Association in Columbia. Call 410-313-5980 to register.

"The Caregiving Journey: Making Your Way," our third annual caregiver workshop, will be held on Saturday, November 22, at the North Laurel Community Center (see article, right). Join us to meet and talk with other caregivers who may be facing many of the same challenges as you. Call 410-313-5980 for more information or to register.

Be sure to keep a copy of the 2015 Howard County Resource Guide and the Caregiver Guide on hand for reference. These free guides include local, state and national resource information, as well as listings for programs, businesses, and non-profit organizations serving older adults, caregivers and their families in Howard County. Stop by your local senior center or library branch to pick up a copy, or call Maryland Access Point at 410-313-5980 to have one mailed to you.

Lastly, I hope you to see many of you at our annual Thanksgiving Celebration on Thursday, November 13 at Ten Oaks Ballroom in Clarksville. Enjoy a festive meal plus music by the Retro Rockets. Tickets (\$13) are on sale now at senior centers. Happy Thanksgiving!

Need help making your way as a caregiver?

Maybe it started slowly. You visited your parents and started to worry about them living alone. You found yourself taking over more of the responsibilities for your spouse. Maybe it happened all of a sudden. Mom slipped and broke her hip. However it began, you are now a family caregiver. And you are not alone – there are 65 million family caregivers across the country. (Source: Caregiver Action Network)

Nearly one-third of the U.S. adult population are caregivers, providing an average of 20 hours of care per week, and their need for information, education and support is growing as fast as their numbers. Caregivers often turn to the Internet to find the information and resources they need; there are many excellent online resources like www.caregiver.org and www.caregiveraction.org. But caregiving can also be a lonely road, so don't underestimate the value of reaching out to another human being (or even better, another caregiver) for support.

With this in mind, the Office on Aging will present "The Caregiving Journey: Making Your Way," the third annual caregiver workshop, on Saturday, November 22, at the North Laurel

Community Center, 9411 Whiskey Bottom Rd., in Laurel. A continental breakfast and lunch are included, and respite care for your loved one will be provided. There is no charge to attend, but registration is required.

The free all-day event will open with a Caregiver Panel Discussion, with panelists sharing their experiences as a sandwich generation caregiver, providing care for a spouse, and navigating care systems. Following the panel presentation, attendees may choose from a variety of informative workshops, including:

- **Aging in Place** – an overview of the Better Living at Home program, home evaluations and home repairs
- **Challenging Behaviors** – examining and coping with common behaviors seen in those with dementia
- **VA Benefits** – an overview of Veterans Administration benefits
- **Conversing with Health Care Providers** – communicating effectively with health care providers
- **Medication Management** – administering medications, managing pain meds and nutritional support
- **Family Mediation** - discuss the reasons to pursue mediation and the benefits of doing so
- **Palliative Care** – providing relief from the symptoms, pain and stress of a serious illness

Throughout the day, attendees can visit the Engagement Room to experience a variety of stress relief methods. The day will end on an 'upbeat' note with an interactive performance by the FunDrum Rhythm Circle.

Respite care will be provided on-site by Office on Aging Senior Center Plus staff. For more information or to register, call Maryland Access Point of Howard County at 410-313-5980; call by November 12 to arrange respite care and reserve lunch. To request a sign language interpreter or other accommodations to attend, call one week in advance.



The Senior Connection is published monthly by the Howard County Department of Citizen Services' Office on Aging. We welcome your comments and suggestions.

To contact us, or to join our email subscriber list, email seniorconnection@howardcountymd.gov with "subscribe" in the subject box.

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Dayna M. Brown, Administrator

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The Howard County
Office on Aging
invites you to a

THANKSGIVING CELEBRATION!

THE *Giving Thanks* LUNCHEON & DANCE

Featuring a special performance by the Retro Rockets!

Thursday, November 13, 2014

Ten Oaks Ballroom

5000 Signal Bell Lane, Clarksville 21029

DOORS OPEN 10:30 A.M. LUNCH 12:00 NOON

Tickets on Sale at all Senior Centers \$13/person

**PLEASE BRING NON-PERISHABLE FOOD ITEMS
FOR THE HOWARD COUNTY FOOD BANK**

FOR MORE INFORMATION CALL

410-313-5440 (VOICE/RELAY)

If you need need accommodations to attend this event,
call Maryland Access Point at 410-313-5980 (voice/relay)
or email to map@howardcountymd.gov by October 31.



www.howardcountyaging.org



A PRESENTATION OF THE
HOWARD COUNTY DEPARTMENT
OF CITIZEN SERVICES
OFFICE ON AGING

THE CAREGIVING JOURNEY *Making Your Way*

SAVE THE DATE!

Don't Miss the 3rd Annual Caregiver Conference

Saturday, November 22, 2014

8:00 AM - 3:00 PM

North Laurel Community Center

9411 Whiskey Bottom Road, Laurel, MD 20723

Continental breakfast & lunch provided. On-site respite provided.

**Reservation deadline for lunch and
respite is Wednesday, November 12.**

FOR ADDITIONAL INFORMATION:

Contact Maryland Access Point (MAP)
at 410-313-5980 (VOICE/RELAY) or email
map@howardcountymd.gov

If you need this document in an alternative format or need
accommodations to attend this event, please call 410-313-5980.



www.howardcountyaging.org/map



MEDICARE Open Enrollment

October 15 through December 7, 2014

In addition to our regular schedule, take
advantage of these special enrollment events!

By appointment only; call 410-313-7392

THE BAIN CENTER

5470 Ruth Keeton Way, Columbia, MD 21044

Saturday, November 8 • 9:00 a.m. - 3:00 p.m.

Thursday, November 13 • 5:00 - 8:00 p.m.

Saturday, November 22 • 9:00 a.m. - 3:00 p.m.

Thursday, December 4 • 5:00 - 8:00 p.m.

Saturday, December 6 • 9:00 a.m. - 3:00 p.m.

ELLICOTT CITY SENIOR CENTER

9401 Frederick Rd., Ellicott City, MD 21042

Monday, November 3 • 9:00 a.m. - 3:00 p.m.

Friday, November 21 • 9:00 a.m. - 3:00 p.m.

Friday, December 5 • 9:00 a.m. - 3:00 p.m.

GLENWOOD 50+ CENTER

2400 Route 97, Cooksville, MD 21723

Tuesday, November 18 • 9:00 a.m. - noon

NORTH LAUREL 50+ CENTER

9411 Whiskey Bottom Rd., Laurel, MD 20723

Thursday, November 6 • 12:30 - 3:30 p.m.

Thursday, November 20 • 12:30 - 3:30 p.m.

Thursday, December 4 • 12:30 - 3:30 p.m.



Information/Counseling • New to Medicare
Fraud and Abuse • Prescription Drug Plans
Supplemental Policies • Help with Costs

Know your options. Contact us for help.

For a complete schedule of enrollment events,
go to www.howardcountymd.gov/SHIP



Department of
CITIZEN SERVICES
Aging • Children's Services • Consumer Affairs

410-313-7392 (VOICE/RELAY)

EMAIL ship@howardcountymd.gov

www.howardcountyaging.org/ship